

Meeting Well: Nutrition and Physical Activity Policy Commitment Form

(Name of Organization)

is committed to promoting the overall health and well being of our employees by creating healthier worksite environments.

From this day forward, at all our meetings and events where food will be served, the following will be available:

- Water and/or 100% fruit or vegetable juice
- Fruit and/or vegetables

From this day forward, at all our meetings and events lasting longer than 90 minutes, we will provide:

- Physical activity breaks

Please visit the San Bernardino-Riverside Counties Health Collaborative website at www.sbcounty.gov/eatwell for information on educational programs and other resources for implementing healthy food and physical activity options.

Authorized Representative

Authorized Representative

Name of Organization

Date



SBRCHC

Date

